



# Pool Schedule (Warm Water Therapy Pool and Lap Pool)

## Alleghany Wellness Center



**RESERVATIONS ARE REQUIRED FOR THE THERAPY POOL**  
**PLEASE CALL AHEAD TO RESERVE A LANE & TIME – 336-372-2944**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am – 7am Reservations required for both lap Pool and Therapy Pool	6am – 7am Reservations required for both lap Pool and Therapy Pool	6am – 7am Reservations required for both lap Pool and Therapy Pool	6am – 7am Reservations required for both lap Pool and Therapy Pool	6am – 7am Reservations required for both lap Pool and Therapy Pool	<b>AWCI CLOSED</b>
8am – Deep Water Cardio (lanes 1-4) <i>Lanes 5 &amp; 6 available by reservation</i>	Lap Pool – Open Swim Therapy Pool - reservations required	8am – Deep Water Cardio (lanes 1-4) <i>Lanes 5 &amp; 6 available by reservation</i>	Lap Pool – Open Swim Therapy Pool - reservations required	8am – Deep Water Cardio (lanes 1-4) <i>Lanes 5 &amp; 6 available by reservation</i>	Lap Pool - Open swim  Therapy Pool – Reservations required
9am – Warm Water Exercise <i>Lap Lanes available by reservation</i>	Lap Pool – Open Swim Therapy Pool - reservations required	9am – Warm Water Exercise <i>Lap Lanes available by reservation</i>	Lap Pool – Open Swim Therapy Pool - reservations required	9am – Warm Water Exercise <i>Lap Lanes available by reservation</i>	Lap Pool - Open swim  Therapy Pool – Reservations required
Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim  Therapy Pool – Reservations required
Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim  Therapy Pool – Reservations required
Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	<b>AWCI CLOSED</b>
Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	Lap Pool - Open swim Therapy Pool - Reservations required & Swim Lessons	<b>AWCI CLOSED</b>

Pools close 30 minutes before the facility closes.